



Winter CRC Pool Schedule

December 30, 2012 – March 30, 2013

(revised 12/26/12)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim: 8am-5:30pm (3 lap lanes Open)	Lap Swim: 5am-6:55am (3 lap lanes Open)	Lap Swim: 5am-8:25am (3 lap lanes Open)	Lap Swim: 5am-6:55am (3 lap lanes Open)	Lap Swim: 5am-8:25am (3 lap lanes Open)	Lap Swim: 5am-6:55am (3 lap lanes Open)	Lap Swim: 6:30am-7:55am (3 lap lanes Open)
Rec Swim: 12pm-5pm (Slide/Play Area open)	Aqua Fitness: <i>Inst: Cheryl</i> 7am-8am (1 lap lane Open)	Aqua Fitness: <i>Inst: Stacy</i> 8:30am-9:30am (1 lap lane Open)	Aqua Fitness: <i>Inst: Cheryl</i> 7am-8am (1 lap lane Open)	Aqua Fitness: <i>Inst: Judy</i> 8:30am-9:30am (1 lap lane Open)	Aqua Fitness: <i>Inst: Cheryl</i> 7am-8am (1 lap lane Open)	Shallow Tone: <i>Inst: Judy</i> 8am-9am (0 lap lane Open)
	Lap Swim: 8am-11:40am (3 lap lanes Open)	Lap Swim: 9:30am-10:40am (3 lap lanes Open)	Lap Swim: 8am-11:40am (3 lap lanes Open)	Lap Swim: 9:30am-10:40am (3 lap lanes Open)	Lap Swim: 8am-11:40am (3 lap lanes Open)	Swim Lessons: 9am-11:30am (2 lap lanes Open)
	Aqua Fitness: <i>Inst: Jennifer G</i> 11:45am-12:45pm (0 lap lanes)	Aqua Fitness: <i>Inst: Jennifer C</i> 10:45am-11:45am (0 lap lanes)	Aqua Fitness: <i>Inst: Stacy</i> 11:45am-12:45pm (0 lap lanes)	Aqua Fitness: <i>Inst: Jennifer C</i> 10:45am-11:45am (0 lap lanes)	Aqua Fitness: <i>Inst: Jennifer G</i> 11:45am-12:45pm (0 lap lanes)	Lap Swim: 11am-7:30pm (3 lap lanes Open)
	Lap Swim: 12:45pm-3:45pm (3 lanes/Play Area Open)	Lap Swim: 11:45am-3:45pm (3 lanes/Play Area Open)	Lap Swim: 12:45pm-3:45pm (3 lanes/Play Area Open)	Lap Swim: 11:45am-3:45pm (3 lanes/Play Area Open)	Lap Swim: 12:45pm-9:30pm (3 lanes/Play Area Open)	Rec Swim: 12pm-6pm (Slide/Play Area open)
	Rec Swim: 1pm - 3pm (3 lanes/Play Area Open)	Rec Swim: 1pm - 3pm (3 lanes/Play Area Open)	Rec Swim: 1pm - 3pm (3 lanes/Play Area Open)	Rec Swim: 1pm - 3pm (3 lanes/Play Area Open)	Rec Swim: 1pm - 8pm (Slide/Play Area Open 4-8pm)	
				Adapt. Rec. Swim 3:30pm – 4:30pm		
	Swim Lessons: 3:45pm - 6:30pm (2 lanes/Play Area Open)	Swim Lessons: 3:45pm - 6:30pm (2 lanes/Play Area Open)	Swim Lessons: 3:45pm - 6:30pm (2 lanes/Play Area Open)	Swim Lessons: 3:45pm - 6:30pm (2 lanes/Play Area Open)		
	Lap Swim: 6:30pm-6:55pm (3 lanes/Play Area Open)	Lap Swim: 6:30pm-6:55pm (3 lanes/Play Area Open)	Lap Swim: 6:30pm-6:55pm (3 lanes/Play Area Open)	Lap Swim: 6:30pm-6:55pm (3 lanes/Play Area Open)		
	Rec Swim: 5:30pm - 6:55pm (3 lanes/Play Area Open)	Rec Swim: 5:30pm - 6:55pm (3 lanes/Play Area Open)	Rec Swim: 5:30pm - 6:55pm (3 lanes/Play Area Open)	Rec Swim: 5:30pm - 6:55pm (3 lanes/Play Area Open)		
	Aqua Fitness: <i>Inst: Judy</i> 7pm - 8pm (0 lap lanes Open)	Aqua Fitness: <i>Inst: Susan</i> 7pm - 8pm (0 lap lanes Open)	Aqua Fitness: <i>Inst: Judy</i> 7pm - 8pm (0 lap lanes Open)	Aqua Fitness: <i>Inst: Stacy</i> 7pm - 8pm (0 lap lanes Open)	Note: Playground area is turned on only during "Rec Swim". Slide is only on when "Slide" is indicated	
	Lap Swim: 8pm - 9:30pm (3 lap lanes Open)	Lap Swim: 8pm - 9:30pm (3 lap lanes Open)	Lap Swim: 8pm - 9:30pm (3 lap lanes Open)	Lap Swim: 8pm - 9:30pm (3 lap lanes Open)		

Winter Aquatics Center Schedule

December 30, 2012 – March 30, 2013

(Note: Lap Swim is only at designated times at the Aquatics Center)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Lap Swim:</i> 5am - 8am (8 lap lanes Open)	<i>Lap Swim:</i> 5am - 8am (8 lap lanes Open)	<i>Lap Swim:</i> 5am - 8am (8 lap lanes Open)	<i>Lap Swim:</i> 5am - 8am (8 lap lanes Open)	<i>Lap Swim:</i> 5am - 8am (8 lap lanes Open)	<i>Lap Swim:</i> 7am - 10am (5 lap lanes Open)
	<i>Aqua Fitness:</i> <i>Inst: Susan</i> 8am - 9am (Inst. Pool)		<i>Aqua Fitness:</i> <i>Inst: Susan</i> 8am - 9am (Inst. Pool)		<i>Aqua Fitness:</i> <i>Inst: Stacy</i> 8am - 9am (Inst. Pool)	
	<i>Deep H2o Dynamics:</i> <i>Inst: Robin</i> 11am - 12pm (Comp. Pool)	<i>Deep H2o Dynamics:</i> <i>Inst: Robin</i> 11am - 12pm (Comp. Pool)	<i>Deep H2o Dynamics:</i> <i>Inst: Robin</i> 11am - 12pm (Comp. Pool)	<i>Deep H2o Dynamics:</i> <i>Inst: Stacy</i> 11am - 12pm (Comp. Pool)	<i>Deep H2o Dynamics:</i> <i>Inst: Stacy</i> 11am - 12pm (Comp. Pool)	
	<i>Lap Swim:</i> 11am-1:30pm (15 lap lanes Open)	<i>Lap Swim:</i> 11am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11am-1:30pm (15 lap lanes Open)	<i>Lap Swim:</i> 11am-1:30pm (10 lap lanes Open)	<i>Lap Swim:</i> 11am-1:30pm (15 lap lanes Open)	
	<i>Lap Swim:</i> 5pm - 8pm 4 Lap Lanes 5-6:30pm 10 Lap Lanes 6:30-8pm		<i>Lap Swim:</i> 5pm - 8pm 4 Lap Lanes 5-6:30pm 10 Lap Lanes 6:30-8pm		<i>Lap Swim:</i> 5pm - 8pm 4 Lap Lanes 5-6:30pm 10 Lap Lanes 6:30-8pm	

Pool Program Descriptions

Lap Swim – The CRC Pool has a maximum of 3, 20 yard lanes for lap swim use. The Aquatics Center Competition Pool has a maximum of 17, 25 yard lanes, available for member use. Note: On a limited basis the Competition Pool may be setup Long Course with up to 4, 50 meter lanes for lap swim use. (=Long Course Lap Swim begins April 3, 2013 and ends July 25, 2013)

Aqua Fitness – This shallow water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or shoes are recommended.

Deep H2O Dynamics – This class is designed for the more proficient swimmers and is taught in 7ft. of water. Deep Aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

Recreation Swim – Available year round at the CRC Pool and is available at the Aquatics Center during the summer months. Children 10 or under must be accompanied by a responsible person over the age of 16.

Saturday AM Lap Swim may vary depending on scheduled events. Please check website for updated lap swim changes.

NOTE: Lap swim and Aqua Fitness classes are for participants age 13 and up. Youth under the age of 13 may participate in programs if accompanied by a parent of legal guardian in the water.

Dive-In Movie-Dates, Times, and Movie will be posted at the CRC front desk